

Fall 2001 Recipes

Side Dishes

Roasted Garlic and Green Pea Pasta Sauce

Use roasted garlic as a background for this smooth, delicious green pea sauce.

Serves 4

Provides 1 vegetable serving per person

- 1 head garlic or 8 cloves jarred garlic
- 1 pound frozen peas (2 cups)
- 1 cup nonfat evaporated milk
- 1/4 teaspoon salt
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons chopped parsley

1. Preheat the oven to 350°F. Cut off the stem end of the head of garlic exposing the cloves inside. Wrap in foil and bake in the preheated oven 1 hour or until very soft. Unwrap and allow to cool. Or use 8 cloves of jarred garlic.

2. Drop the peas into boiling water and cook 2 minutes. Drain and toss into a blender. Squeeze the garlic head toward the cut end to collect all the soft flesh. Add to the peas in the blender along with the evaporated milk and salt. Blend until smooth.

3. Push through a sieve and reheat. Serve over pasta with a sprinkling of Parmesan cheese and chopped parsley on top.

Nutritional Analysis

Per Serving:

167 calories
1 g fat
8% calories from fat
1 g saturated fat
5% calories from saturated fat
27 g carbohydrates
372 mg sodium
6 g dietary fiber